



Supervisor
Mark Ridley-Thomas
Los Angeles County • Second District
<http://Ridley-Thomas.LACounty.gov>

January 2012

Building a Healthy Community In 2011

Supervisor Ridley-Thomas made significant progress toward building a healthier community in 2011. This newsletter provides you with an update on various health initiatives in the Second District. We encourage you to learn more, stay engaged, and frequently visit our website at www.ridley-thomas.lacounty.gov/health to get the latest information on Second District health and wellness activities.



Third Year Accomplishments

PROJECT	ACTIVITIES
Beginning Construction of Martin Luther King, Jr. Inpatient Tower Project	Began construction of the new 125 bed Inpatient Tower at the Martin Luther King, Jr. (MLK) Medical Center. Optimized energy efficiency by working with Department of Public Works and Hensel Phelps to ensure sustainable design features. The new hospital is expected to be substantially completed by March 2013.
Securing Funding for the Martin Luther King, Jr. Inpatient Tower Project	Secured approval of \$237.4 million for the MLK Inpatient Tower Project and approval of its medical equipment budget.
Grand Opening the Martin Luther King, Jr. Center for Public Health	Opened the new \$20 million, 31,000-square foot Martin Luther King, Jr. Center for Public Health at the corner of Wilmington and 120th Street and across the street from MLK Hospital (a center that went from ground-breaking to completion in less than one year). First phase of what is slated to be a \$400 million health care campus to serve surrounding families.
Creating a Fitness Park at Martin Luther King, Jr. Center for Public Health	Secured funding and constructed a state-of-the-art quarter-acre fitness park on the new Martin Luther King, Jr. Medical Center Campus adjacent to the new MLK Center for Public Health to promote exercise and wellbeing. Developed a youth employment component by creating a model of recruitment and employment for at-risk youth to maintain the site.
Securing a Project Labor Agreement	Championed the Project Labor Agreement for the new Martin Luther King, Jr. Multi-Service Ambulatory Care Center which will guarantee the effective enactment of the project's Local Hire Policy. Health-related construction projects in the Second District will create approximately 8,370 new jobs. Thanks to Board approval of a Ridley-Thomas Construction Careers Local Hire Policy, 30% of the total construction hours must be reserved for workers who either live within a 5 mile radius of the project or reside in zip codes of high unemployment rates.

Third Year Accomplishments

PROJECT	ACTIVITIES
Breaking ground on the new Martin Luther King, Jr. MACC	Led Board approval of the design-build contract which allows the County to break ground on the new 120,000 square foot MLK Multi-Service Ambulatory Care Center (MACC). The MLK MACC will provide the community with high quality specialty care health services from the County for treatment of chronic diseases like diabetes, hypertension and heart failure and is expected to be substantially completed by November 2013.
Engaging Youth in Efforts to Beautify the Martin Luther King, Jr. Campus	Led 200 Freedom School children ages five through sixteen to paint panels for display on the 900 foot – long MLK Multi-Service Ambulatory Care Center and Inpatient Tower walkway.
Empowering Communities through MLK Master Planning Community Meetings	Organized and sponsored three MLK Medical Center Master Planning Community Meetings to develop a long-term comprehensive master plan to more strategically use the 124 acre area that the medical campus nests within to provide high quality patient health care services, research, teaching and economic development opportunities. More than 300 patients, medical staff, community members and businesses participated.
Launching an Innovative STD Initiative	Launched the innovative "I Know Too" home STD test kit program. Implemented technology like new digital tablets and touch-screen kiosks, in English and Spanish, to make home testing kits more widely and immediately available to women. Emphasized regular STD screenings for women to combat the rise of STDs in the Second District. Enlisted the First Ladies of the Faith-based community to take a stand on this issue and empower young women to take charge of their overall health and well-being.
Hosting a STD Prevention Ministers' Breakfast	Hosted a ministers' breakfast to engage in dialogue about how to best impact the health and wellbeing of at-risk youth particularly related to sexually transmitted diseases and other preventable diseases burdening communities in the Second District.



Third Year Accomplishments

PROJECT	ACTIVITIES
Promoting Awareness Around HIV AIDS	Proclaimed December 1, World AIDS Day in Los Angeles County. Urged local residents, community stakeholders and County employees to support and participate in events planned on this day. Brought light to Countywide initiative "Erase Doubt".
Expanding HIV AIDS Services Access	Proclaimed June 27, National HIV Testing Day in Los Angeles County. Mobilized the new mobile testing van, called "The Health Spot" and encouraged people to get tested and educated.
CareNow-LA Free Clinic	Partnered with CareNow, County agencies and local community organizations to host a groundbreaking free clinic to provide medical, dental, vision and follow-up services to the uninsured and underinsured. Provided services to 3,751 patients, conducted 973 HIV tests, and performed 1,788 immunizations at the nation's largest free health clinic.
Strengthening Local Community Clinics	Facilitated the receipt of \$1.6 million in federal funding for the community-based To Help Everyone Clinic (T.H.E. Clinic). Enabled the clinic to make necessary safety improvements in order to continue to serve and meet the health needs of the greater community. Secured a 10 year extension of T.H.E. Clinic's lease in the County-owned Ruth Temple Health Center.
Preserving County Clinic Funds	Introduced a motion to ensure that the County closely monitors enrollment trends in the County's new federally-funded clinic programs so that scarce funds will be fairly distributed.
Leading Hubert Humphrey Health Center Improvements	Led Board approval of \$3.97 million to upgrade the Hubert Humphrey Urgent Care Center in South Los Angeles to construct a new 6,000 square foot waiting room, seven new exam rooms, 50 additional parking spaces and an upgraded fire alarm system throughout the facility.
Creating New Leadership at First 5 LA	Appointed Commissioner Dr. Antronette (Toni) Yancey to represent the Second Supervisorial District on the First 5 LA Commission.



Third Year Accomplishments

PROJECT	ACTIVITIES
Promoting School Readiness Through First 5 LA	Extended School Readiness Initiative funds for programs within First 5 LA's Best Start communities to continue providing community and school-based programs that help children from birth to age 5 get ready for school through a motion by First 5 LA Commissioner Toni Yancey.
Expanding Services for Families with Autistic Children Through First 5 LA	Secured \$900,000 in grant funds to address systemic challenges facing families with autistic children under age 5 and expanded First 5 LA's investment in children and families experiencing the challenges of autism spectrum disorder (ASD) and other developmental disorders through a motion by First 5 LA Commissioner Toni Yancey.
Setting a Healthy Living Bar for Agencies	Established an exercise policy requiring physical activity breaks during Commission meetings lasting longer than one hour through a motion by First 5 LA Commissioner Toni Yancey.
Making First 5 LA More Efficient and Accountable	Directed Chief Executive Officer Bill Fujioka to explore options that improve the transparency and efficacy of First 5 LA through a joint motion with Supervisor Antonovich.
Supporting First 5 LA Early Care Education and Career Development	Restored \$5.7 million in First 5 LA funding for the Early Care Education Career Development Policy Project to focus on policies that will improve workforce capacity among early childhood educators.
Expanding School Based Health Centers	Helped ten school based health centers secure federal and philanthropic dollars to support infrastructure and service delivery needs.
Launching Biotechnology Innovation	Launched a countywide public and private biotechnology partnership program that will promote outstanding public health care delivery, job creation and research through a joint motion with Supervisor Knabe.
Breaking Ground on New Facility to Support Chronic Disease Research	Broke ground on a new 23,171 square foot facility to support clinic research around chronic disease prevention at the Los Angeles Biomedical Research Institute on the Harbor-UCLA Medical Center campus. The new facility will continue research on cardiovascular disease, emerging infections, cancer, diabetes, reproductive health, respiratory disorders and other chronic health conditions affecting County residents.



Third Year Accomplishments

PROJECT	ACTIVITIES
Creating Community Gardens	Contributed \$40,000 for the development of a community garden in the unincorporated West Athens/Westmont area. Addressed the issue of the lack of healthy food in the Second District by orchestrating the approval of a ground lease for the South Central Farmers Health and Education Fund for the sum of \$1 a year.
Promoting Nutritional Security for Aging-Out Foster Youth	Authored an approved motion that directed the County to develop and implement a plan to ensure more nutrition and food security for youth aging out of the County's foster care system. The motion came on the heels of a State report that only 7% of the aging-out youth in Los Angeles County enrolled in the important federal Cal Fresh program that provides benefits to purchase food.
Protecting Health Consumers	Authored an approved motion that directed the County's Department of Public Health to take additional steps to educate and protect health consumers from predatory and misleading advertising by medical surgery centers.
Combating Homelessness	Authored an approved motion, jointly sponsored with Supervisor Yaroslavsky, to adopt the Business Leaders Task Force's "Home for Good" Action Plan recommendations. The plan's ten sweeping recommendations strive to end chronic and veteran homelessness by 2016.
Strengthening Families by Preventing Avoidable Infant Deaths	Established a two-year pilot program at Harbor-UCLA Medical Center to educate parents on the consequences of shaking infants and safe infant sleeping techniques.
Protecting In-Home Supportive Services Consumers	Developed a task force to ensure vulnerable consumers would be harmed as little as possible in the wake of proposed state budget cuts to the Adult Day Health Care (ADHC) program. ADHC is a licensed community-based day health care program providing a variety of health, mental health, therapeutic and social services to approximately 23,000 frail seniors and adults with disabilities in Los Angeles County who are at risk of being placed in a nursing home.



Expanding Access to Primary Health Care Services in 2011

Throughout 2011, the Supervisor celebrated with 2nd District Community Clinic Partners and others as they successfully expanded their primary care services, including:

New expanded exam rooms at South Central Family Health Center that increase the number of examination rooms for women needing radiology and mammography services. This expansion was funded with LA County Community Clinic Expansion (CCEP) Program funds and federal American Recovery and Reinvestment Act (ARRA) funds.

A new 10-exam room, 5,000 square foot facility at John Wesley Community Health Institute (JWCH) that will serve uninsured and underinsured populations. This expansion was also made possible by LA County CCEP Program funds, the Mark Taper Foundation, Ahmanson Foundation and JWCH Board of Directors.

Two exciting new school-based health projects at To Help Everyone (T.H.E.) Clinic. The Supervisor celebrated the grand opening of a new school-based health center at the Lennox School District that received funding from the Los Angeles County Education Fund (LACEF). He also celebrated the grand opening of a mobile unit at Crenshaw High that was partially funded with County clinic expansion funds.

A new 15,000 square-foot Kaiser medical office building expanding much-needed primary care services for South LA residents. Kaiser invested \$10 million to build their new medical offices located on Manchester Avenue at Denker Avenue.

Health-related Capital Project Status Report

Martin Luther King Jr. Medical Center

- MLK Center for Public Health
- Martin Luther King, Jr. Fitness Park
- Medical Campus Master Plan
- Inpatient Tower and Ancillary Building
- Multi-Service Ambulatory Care Center
- Augustus Hawkins Mental Health Center
- Metro Station Master Plan
- Willowbrook Streetscape Improvements
- Faith and Hope Park

Off Campus

- Humphrey Health Center
- Harbor Campus Master Plan
- Harbor/UCLA Seismic Retrofit
- Harbor/UCLA Surgery and ER Replacement

Projected Completion Date Cost (in Millions)

Completed	\$20
Completed	\$850,000
March 2012	\$4
March 2013	\$3
November 2013	\$229
July 2012	\$125
April 2012	\$3
Early 2015	\$5
December 2012	\$1

February 2014	\$13.6
March 2012	\$3
Completed	\$51
July 2013	\$323

Taking Healthy Steps: Nutrition and Exercise in the Second District

The Second District carries many of the greatest health burdens in LA County and the nation. In 2011, Supervisor Ridley-Thomas led many efforts to improve nutrition and exercise wellness in the Second District.

Supervisor Ridley-Thomas made progress on his commitment to build and support community gardens in all corners of the Second District. Eight new community garden projects are underway in the Second District. Community gardens create important health, recreational, and economic benefits for communities. Gardening has been proven to reduce cholesterol levels and blood pressure, and gardeners are even known to eat more vegetables and save money by producing their own food supply. In addition, gardens create social networks and community identity.

The Supervisor also made progress on efforts to create more open spaces for families to safely play in the Second District.

- Construction has begun on an urban trail connecting Compton Creek to Carver Park, Carver Elementary School and the Watts Willowbrook YMCA.
- The County has also renovated the baseball diamonds at Mona Park and is master planning Magic Johnson Park and other County-controlled open space in Willowbrook to accommodate additional recreational open space amenities like walking paths, fitness zones, soccer fields and basketball courts.

The Supervisor directed his team to lead by example. He launched the Second District fitness challenge for his entire staff, rewarding teams that walk, pedal and run the most. Second District Commissioner, Dr. Toni Yancey, sponsored a unanimously adopted motion that requires the nearly billion dollar First 5 LA agency to take 5 to 10 minute exercise breaks when its meetings last more than an hour, setting an example for agencies that work with young children to follow.

The Second District received significant federal dollars as part of the Obama Administration's efforts to promote physical activity, enact policies which promote healthy food options, and educate the public about healthy foods and living. LA County received the second largest federal *Communities Putting Prevention to Work* grant in the nation for obesity prevention. This investment is known as the RENEW program in LA County. Last fall, LA County received the second largest Community Transformation Grant in the nation which will help build upon RENEW's successes.

In South LA alone, RENEW investments have helped:

- Twenty preschools in the Second District adopt and implement policy guidelines that will increase access to healthy foods and beverages and increase opportunities for physical activity.

Taking Healthy Steps: Nutrition and Exercise in the Second District (continued)

- The City of Lynnwood complete a Master Bike/Pedestrian Plan and conduct workshops around active transportation.
- Three markets in the Second District encourage consumers to choose healthier food options through the market conversion program.
- Compton Unified School District improve physical education through train-the-trainer professional development programs at nine schools and physical education professional development for numerous school principals/administrators.
- Create a joint use program at Washington Carver Elementary School providing 12 weeks of swimming classes for 124 students (4th and 5th graders) and 30 local community adult residents.
- Create a joint use agreement with Vanguard Learning Center to use the school/community garden and walking trails.
- Sponsor the Watts Healthy Farmers Markets at Ted Watkins Park every Saturday from 10 a.m. to 2 p.m.

Empowerment Opportunities

- **Good Cooking Classes and Zumba exercises**
 - Saturday, January 21 – February 25, 2012, from 11:00AM – 1:00PM
Watts Healthy Farmers' Market: Ted Watkins Memorial Park
103rd and Central Avenue
- **Voting on Final Project Labor Agreement for the Metropolitan Transit Agency (MTA)**
 - Thursday, January 26, 2012 at 9:00 AM
Address: 1 Gateway Plaza, Los Angeles, CA 90012
Ph: (213) 922-2000
- **"Putting the Father Back in Family"- A Black Male Symposium**
 - Friday, March 30, 2012, registration at 8:00 AM and Program at 9:00 AM
The California Endowment
1000 North Alameda, Los Angeles, CA 90012
Ph: (310) 677-7995
Contact : Roderick Elzy
- **Bill Coggins Community Leadership Scholarship Award (for graduating Seniors in the Watts area)**
 - Application packets due Wednesday, February 1, 2012 at 5:00 PM
visit our website for more information
- **Breathe California FREE Chronic Obstructive Pulmonary Disease (COPD) Summit**
 - Thursday, February 9, 2012
The California Endowment
1000 N Alameda St # 250, Los Angeles, CA 90012
Ph: (213) 628-1001
Contact: Claudia Medina, cmedina@breathela.org
Complimentary lunch and parking
* RSVP by January 31, 2012*

